

Fitness is a journey not a destination

Sometimes it's easy to forget that we can succeed by simply doing our best. Our goal is to help you remember just that. We want to help



you get the most from your exercise. Need a boost? Give us a call. Remember that every time you exercise, you're achieving success.

CONDITIONING STUDIOS

- Complete Line of Cardio, Free Weight Equipment
- Circuit Training
- Strength Training
- Group Fitness Classes
- Wireless Audio/Visual Entertainment
- Personal Fitness Assessments
- Personal Training
- Full Court Gymnasium Basketball & Volleyball
- Step, Spin, Yoga, Rowing, Jazzercise & More!
- Silver Sneakers Senior Fitness Programs

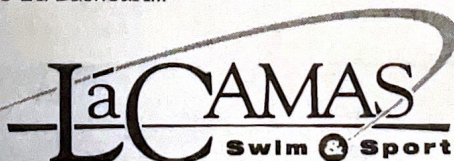
AQUATICS

- Indoor/Outdoor Pools
- Recreational Pool with Shallow-Depth Entry
- 60' Water Slide
- Hydro-Spa
- Swim Lessons for All Ages & Levels
- Swim Teams
- Water Fitness Classes
- Aquatic Therapy

ADDITIONAL SERVICES

- 28' Climbing Wall
- Fully Appointed Locker Rooms
- Co-Ed Sauna
- Tanning Rooms
- Overnight Lockers
- Nutritional Counseling
- Kids Club Supervised by Play Center
- Adult Co-Ed Basketball League
- Physical Therapy
- Family Changing room
- Pro-Shop Merchandise
- Hot Locks Hair & Nail Studio
- Martial Arts
 - Taekwon Do
 - Jiu Jitsu

**Call Today
for Details!**



2950 NW 38th Ave., Camas 98607
834-8506

Hours: Weekdays 5 AM-11 PM • Saturday 6 AM- 8 PM
Sunday 9 AM-9 PM

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